



William H. Rumsey August 2014 Activities



SUN

MON

TUE

WED

THU

FRI

SAT



1

Shallow Aerobics 8am-9am
Shallow Aerobics 9am-10am

2

Deep Water Aerobics 9-10am
Parent & Child 9:30-10am



3

Lifeguard Academy



4

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am
Adults LTS 7pm-8:45pm

5

Senior Olympics 9-10am
Seniors LTS 9am-10am
Child LTS 5:15pm
Shallow Aerobics 6:30-7:30pm

6

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am
Adults LTS 7pm-8:45pm

7

Senior Olympics 9-10am
Seniors LTS 9am-10am
Child LTS 5:15PM
Shallow Aerobics 6:30-7:30pm

8

Shallow Aerobics 8am-9am
Shallow Aerobics 9am-10am

9

Deep Water Aerobics 9-10am
Parent & Child 9:30-10am

10

Lifeguard Academy



11

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am

12

Senior Olympics 9-10am
Seniors LTS 9am-10am
Child LTS 5:15pm
Shallow Aerobics 6:30-7:30pm

13

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am



14

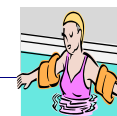
Senior Olympics 9-10am
Seniors LTS 9am-10am
Child LTS 5:15pm
Shallow Aerobics 6:30-7:30pm

15

Shallow Aerobics 8am-9am
Shallow Aerobics 9am-10am
Parent and Child C 5:15pm

16

Deep Water Aerobics 9-10am
Parent & Child 9:30-10am



17

Lifeguard Academy



18

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am
Adults LTS 7pm to 8:45pm

19

Senior Olympics 9-10am
Shallow Aerobics 6:30-7:30pm
Child LTS 5:15PM

20

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am
Adults LTS 7pm-8:45pm

21

Senior Olympics 9-10am
Seniors LTS 9AM
Child LTS 5:15pm
Shallow Aerobics 6:30-7:30pm



22

Shallow Aerobics 8am-9am
Shallow Aerobics 9am-10am
Parent and Child C 5:15pm

23

Deep Water Aerobics 9-10am
Parent & Child 9:30-10am

24

Lifeguard Academy



25

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am
Adults LTS 7pm to 8:45pm

26

Senior Olympics 9-10am
Seniors LTS 9AM
Child LTS 5:15pm
Shallow Aerobics 6:30-7:30pm

27

Shallow Aerobics 8-8:45am
Shallow Aerobics 9am-9:45am
Shallow Aerobics 10am-11am
Adults LTS 7pm-8:45pm

28

Senior Olympics 9-10am
Seniors LTS 9am
Child LTS 5:15pm
Shallow Aerobics 6:30-7:30pm

29

Shallow Aerobics 8am-9am
Shallow Aerobics 9am-10am
Parent and Child C 5:15pm

30

Deep Water Aerobics 9-10am
Parent & Child 9:30-10am